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A
BRIEF AND
ACCVRATE TREA-
TISE, CONCERNING,
The taking of the fume of TOBACCO,
which very many, in these dayes,
doe too too licentiously
vse.

In which, the immoderate, irregular, and
vnseasonable vse thereof is reprehended,
and the true nature and best manner of v-
sing it, perspicuously demon-
strated.

By TOBIAS VENNER, Doctor of Physicke in Bath,
in the Spring and Fall, and at other times, in the Bo-
rough of North Petherton neare to the ancient Hauens
towne of Bridge-water in Somersetshire.



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ILLVSTRISSIMIS
VEREQVE GENEROSIS
VIRIS, DOMINO FRANCISCO
HELE, ET DOMINO FRAN-
CISCO ROGERS,
MILITIBVS.

Hoc de Tobacci fumo opusculum,

*In Deuoli animi testimonium, offert,
dedicat, consecrat*

Tobias Vennerus,

Medic. Doctor.



A briefe and accurate Treatise,
concerning the taking of the fume of
T O B A C C O, which very many in
these dayes doe too too li-
cenciously vse.



HE hearbe T O B A C C O is of much antiquitie and reputation among the *Indians* of *America*. It is also called *Nicotian*; but neither this nor that is the name that the *Indians* giue vnto it: for it was called T O B A C C O by the *Spaniards*, by reason of an Island so named, which abounded with this hearbe: and by the *Frenchmen*, *Nicotian*, of the name of one *Nicot*, that first gaue the intelligence thereof vnto them. But the *Indians* call it *Petun*, or *Petum*, which indeede is also the fittest name that both wee and other Nations may call it by, deriuing it of *Peto*, for it is farre fetcht and much desired. And thus much for the name.

As touching the temperature and faculties of

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it,

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The nature of
Tobacco.

it, it is hot and drie in the third degree, and hath a deleteriall, or venemous qualitie, as I suppose: for it being any way taken into the body, it tortureth & disturbeth the same with violent eiections both vpward and downeward, astonisheth the spirites, stupifieth and benummeth the senses and all the members. This noysome facultie of *Tobacco* proceedeth not from the temperature of it, but from the very essence of its substance. As for the stupifying or benumbing qualitie thereof, it is best perceived vpon the taking of the fume at the mouth: for thereupon followeth a drunken-like lightnesse of the head, and especially if it be much taken at once, a benumbing sleepinesse of the limmes and senses. Wherefore *Tobacco*, though it be in taste, biting, and in temperature, hote, hath notwithstanding a benumbing qualitie; which, because it cannot depend of an extreame colde qualitie, the hearbe being very euidently hot, it followeth, that it is hot and benumbing, not benumbing by reason of its temperature, but through the propertie of its substance. There is in the iuyce of this hearb an excellent digesting, mundifying, and consolidating facultie; by means whereof, it is of ineffable force for the speedy curing of any wound or cut in the flesh, or soares, vlcers, scabbes, &c. for which it is worthy of very great esteeme, and not much for any other propertie to be magnified and respected (as I conceiue.) And thus much briefly concerning the nature of *Tobacco*.

An obiection
of our vulgar
Tobacconists.

Before I passe to deliuer mine opinion concerning the vse and faculties of the fume, I must cleare
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an obiection of our vulgar Tobacconists, which I seeme to heare them make against the noylome qualities that I haue auerred to be in Tobacco, saying; that vpon the taking thereof they find no tortures and violent eiections, or stupifyings of their members and senses. To whom I may answer, that the immoderate vse of Tobacco hath made them *Insensibles*, without sense. But let it be admitted, that vpon taking of the fume, they find not thole malignant effects; yet it convinceth not my assertion, because that by long vse and custome, it becommeth familiar to their bodies. And thus much by the way to our licentious Tobacconists, who spend and consume, not onely their time, but also their health, wealth, and wittes, in taking of this loathsome and vsauourie fume. Now I come to speake of the smoakie fume and faculties thereof, which is taken through a pipe, for that purpose, into the mouth, and thrust foorth againe at the nostrills, and is of some also sucked into the stomacke and breast, against all diseases, especially such as are gotten by cold, or that proceed from a cold and moist cause.

The *Indians*, from whom we receiued this manner of taking Tobacco, were (at the first) onely wont to take it at such times, as they felt their bodies wearied with much labour and exercise, or would presage of things to come: for the fume procuring first a drunken-like lightnes of the head, and thereupon sleepe, with sundry phantalmes or visions, was the cause that vpon their awaking they found themselves (through their sleepe) greatly

Solution,

Sleep and vaine dreames, two effects of Tobacco for which the Indians vsed it.

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cased, and refreshed, and could, by reason of the somnoline visions which this fume doth greatly occasion, presage (as they fondly conceiued) the euent of any bulines, or matter of importance, that they desired to know, or were delighted in.

First they took the dried leaues of Tobacco, and cast them on the coales, then they receiued the smoake of them at their mouth and nose with a kane, and continued the taking thereof so long, till that they fell into a drunken traunce and sleepe, wherein they continued as dead three or foure houres, according to the quantity of smoake that they had taken. The fume hauing done his worke, they awakened out of their sleepe, and found themselves eased and lightened, in such sort, as that they were able to returne to their labour or exercises, as lustily as before: and this they did alwayes when they found themselves wearied, or were (as I haue said) desirous to fore-know, what might be the successe of their businesse, by meanes of the vaine dreames and visious, which this fume suggesteth.

But this custome of taking the fume, hath so far bewitched them (as also it hath and daily doth many of our people) as that they also often-times, take it for wantonnesse and delight, wherein they haue so great a pleasure, as that they desire nothing more then to make themselves drunken and drowfie with Tobacco. And thus much for the originall of the fume. I will now leaue the *Americans*, and come to our *Europeans*, who (well-neare) vse the fume of Tobacco with as much excesse as they doe.

Many

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Many of our people, and that of all sorts, doe greatly affect the taking of Tobacco; but few of them respect whether it be profitable to their bodies: for most take it, rather for custome and delight, to entertaine and passe away the time, then for any such necessitie or vtilitie that they haue of it: whereby it commeth to passe, that some iudge very hardely of Tobaccos fume, and vtterly disclaime the vse thereof. In consideration whereof, I was moued to publish this Treatise, shewing therein the faculties and right vse of the fume of some (as I know) greatly desired, and withall, taxing the ignorance, or rather petulancie of many, that in these daies doe take it without any respect had of the time, age, or constitution. A worke (I hope) no lesse pleasing, then profitable.

For mine owne part, I confesse, that though I am in no wise delighted with the fume of Tobacco, partly for the malignitie of its nature, but especially, because of the detestable sauour or smacke that it leauerh behinde vpon the taking of it: yet I doe not altogether condemne the vse thereof (for I sometimes in case of necessitie, as when I am afflicted with rheumes, take it my selfe, especially prepared, as I will heereafter shew) but rather approoue it as necessarie and profitable for the rheumaticke, and such as are by temperature, coide, so as it be taken in congruent maner, that is, both moderately and seasonsbly, as shall be heereafter shewed, for it helpeth the braine that is ouer cold and moist, reducing it by its heating and drying facultie vnto a temperature: it taketh away rheumes

The vertues of
Tobaccos
fume,

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*Imbibitus, that
is, taken down.*

and windinesse of the head, and is profitable for all colde effects of the braine and sinews, by resolving and consuming the crude and windie superfluities of those partes: it doth (for the time) expell melancholic, and excite lumpish spirites: it helpeth paines of the teeth, swellings of the gummcs, and aches of the ioynnts: it pieuenteth putrefaction of humours, by drying vp the crudities of the body, and is very profitable vpon taking of colde, and for all colde and moist effects of the stomake, breast and lungs. It is a speedie remedie vpon a surfet, by making a sodaine evacuation both vpward and downeward of such things as are contained in the stomacke, and by the like reason it doth, in an instant, remooue windie torments of the stomacke, and bowels, that proceed of crude humours, and helpeth the fittes of the mother: in a word, it is (being rightly vsed) auailable against all colde and moist distemperatures. But to such as are not of a colde and moist constitution, nor affected with rheumes, it is not, though it be onely retayned in the mouth, and powred forth at the nostrills, but by way of precaution, and that with good aduilement to be permitted, as I will by and by shew, and the reason is, because this fume which is hote and drie in the third degree, ascending to the braine, doth not onlie greatly heate and distemper it, but also the animall spirits, wherevpon oftentimes the senses are confounded, and the vnderstanding perverted.

*This custome
of taking the
fume downe*

As touching the taking of the fume downe into the stomacke and lungs, I vtterly disclaime as
perni-

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pernicious, except it be done by way of Physicke, one or another of the aforelaide affects, impensiuely requiring it, both by reason that it is of a verie turbulent and sickely operation, and also, because it being excesssiuely hot, ouer heateth, and dryeth the liuer, marreth the concoction of the meats, and deturbeth them vndigested from the stomack, if it be taken before they are concocted. Moreover, the lungs which are the flabell of the heart, being by nature (in regarde of their great vse and continuall motion, of soft and spongie substance, are by the immoderate heate and sircitie of this fume, quickly dried and coarctated, and consequently become vnapt for motion, to the great offence of the heart, and ruine at length of the whole body. Hence it may appeare, in how great an errour they persist, that vsually, or for euerie light occasion, imbibe or take downe this fume.

into the stomacke & lungs
very pernicious

Now that which hath beene spoken concerning the vse of this fume, is not so precisely to be taken, as that it is at no time lawfull or convenient for such as are not by nature rheumaticke, or colde by constitution to vse it: for it is sometimes allowable for euerie one, except for him that hath a drie distemperature of the braine, to take this fume by way of prevention. For example sake, if anie one hauing not a drie constitution of the braine, shall trauell, or take a iourney in mistie, stormie, and raynie weather, especially in the winter season, I say, that it is expedient for him, although hee bee not rheumaticke, or of a colde
tem-

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temperature to take three or foure draughts of this fume so soone as hee shall be entred into his house or Inne, for the preventing of rheumes, or other harmes that may chaunce to him by meanes of the grossefesse or impuritie of the aire.

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Tobaccoists.

But mee thinkes I heare many that are not by nature rheumaticke, nor of a colde temperature of body, louers of this fume, or that I may more rightly speake, abusers, and luxuriating in this kind of euill, for clogging of their vicious custome, to object against me after this manner. We find by daily experience, that the fume of Tobacco doth draw from vs very many rheumaticke humours: wherefore the vse thereof is not onely allowable and good for the rheumaticke, and such as are of cold temperature. I doe deny the argument; and also reiect their experience: for their lewd and preposterous custome in taking this fume is convenient for no constitution or state of body: for, one while they take the fume, another they drinke, and so continue by turne, vntill they fall asleepe, vomit, or be drunke: wherefore it is no maruell that vpon the vse of the fume they excrete very many rheumaticke superfluities, seeing that by this their preposterous and vnreasonable mingle-mangle of smoake and drinke, farre more crudities and superfluities are bred, then can by vertue of the fume be consumed or excreted, as it is to be seene in them that are giuen to Tobacco, & the Pot, whom you may see to haue tumide and smokie faces, with turgide and flatulent bellies.

Solution.

Here

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Heere also some, I know, which are delighted with the drinking downe of this fume, that I may so speake, will object against that which hath bin ^{Another ob-} spoken against that manner of taking it, namely, ^{jection,} that vppon the taking of it downe after meate, they finde no perturbation or offence, but rather, very great commoditie, by furthering the concoction. I must tell them, that in this they are grossely deceiued: First, because their daily custome of imbibing the fume taketh away the sense of perturbation; for by vse and custome, any thing (though contrary) is made familiar vnto Nature, as I before haue touched: Secondly, they are no lesse deceiued, thinking by imbibing the fume, that the concoction is furthered, beeing not able to distinguish betweene concoction and distribution: for it is the worst thing, and most pernicious to the bodie, to occasion the distribution of the meates before they are concocted in the stomacke; which they doe, that imbibe or drinke downe the fume after meate. And verily, the cause of this their error, is some emptinesse of the stomacke, or prouocation to stoole, which they feelee vppon the receiuing of the fume, not considering, that this their emptinesse and ill distribution of the meates, and consequently, prouocation to stoole, proceede from the purgatiue facultie of the fume. Wherefore I would haue them to vnderstand, that though they seeme to be well for the time, eyther by reason of their youth, or of a strong constitution of bodie, that this pre-

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posterous

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posterous taking of the fume, will vppon the so-
daine; ruine the state of their bodie, by spoyling
the stomacke, destroying the concoction, and fil-
ling the whole body with crude and noysome su-
perfluities.

If they shall againe vrge to shunne these dis-
commodities, and maintaine another custome no
lesse pernicious, that they will take the fume a-
bout three or foure houres after meate, when the
concoction is effected, for deturbing or driving
downe the reliques of the meates, and crudities
that shall be in the stomacke, I would haue them
to know, that the hurt will be farre greater then
the profite: for besides that, in this they peruert
the operation of Nature, they greatly also annoy
the lungs, disturbe and infringe the spirits, cor-
rupt the breath, and destroy the languifying fa-
cultie of the liuer. I maruell verily at the madnesse
of these men. For, what is there in the fume that
should so greatly occasion delight? Not the smell,
becaule it is vnpleasant, much lesse the savour, for
it is stincking and fuliginous.

Besides these idle affectors of Tobacco, there
are also some who are graue and seemingly wise
and iudicious, that take it moderately, and most
commonly at fixed times; but with its proper ad-
iunct, which (as they doe suppose) is a cuppe of
Sacke, and this they thinke to be no bad physicke;
nay, they so relie vppon this sacred medicine, as
the most of them become detractors both of phy-
sicke and Physicians, for which cause they shall
not

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not passe without my taxe. As for Sacke, it is without all controversie, very helpfull, comfortable and agreeable to mans nature, as I haue shewed in my Booke which is entituled, *Via recta ad vitam longam*, of this yeares Impression: Tobacco is not so, but rather oftentimes hurtfull, especially if it be not iudiciously vsed. But, whether Sacke be good to be taken vpon Tobacco, I will hereafter (notwithstanding these detractors, for the good of others) demonstrate.

As for these Cynicke detractors (for such you shall finde most of them to be) a) I must tell them, ^a There is also no other reason why very many of our people, in their sickness, expose their bodies to be corrupted, I cannot say cured, to ignorant vsurping Potiories, and other base illiterate Emperickes, who are (contrary to the Lawes) euery where permitted to exercise Physicke, to the dishonour of God, disgrace to the Facultie, hurt of our People, and shame of our Nation,

that this their absurditie proceedeth from their ignorance of the great and admirable mysteries of the noble Art of Physick; or for that they are slaues to their purses, and therefore seeke not in their necessities, physicke-helpe, and counsaile from such as are learned in that facultie; or else, it is because they deeme all expence lost, besides that which adorne the backe, or oblectate the pallate and throat. And so I leaue these to their physicke, and the common Tobacconists to their sleeping betweene the Pot and the Pipe, and come now againe to shew the right vse of Tobacco.

Although it be apparent, by that which hath beene hitherto deliuered, that the taking of Tobacco is onely convenient for colde and moist bo-

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dies, that the often and daily vse thereof is onelie allowable for them that haue their stomake, breast, braine and sinewie parts exceedingly colde, and stuffed with crude and rheumaticke humours, and also that it is sometimes tollerable for others, by way of prevention; yet the knowledge of these things, without the true vse and application of the fume, as namely, when to vse it, how often, in what manner and measure, and what to obserue after the taking of it, is of small purpose: for it may (being taken without respect had of these circumstances) prooue more hurtfull, then beneficiall vnto him that taketh it. Wherefore I wish him that desireth to haue the true vse of Tobacco, to receiue from me, and carefully obserue ten precepts in the vse thereof.

Ten precepts
to be obserued
in the vse of
Tobacco.

The first is, that it be most commonly taken mornings fasting, after a little stirring of the body, and also sometimes about halfe an houre before dinner and supper, but especially at the time of going to bed, in whom the condition of the bodie, as a colde and moist constitution; and some accidences, as rheumes, catarrhes, heauinesse of the head, and cruditie of the stomacke; or circumstances, as a moist, foggie, and waterish season, shall for the preservation of the health, require the vse thereof.

2 The second is, that the taking thereof be chiefly obserued after traouelling in misty foggy and rainy weather, because it preventeth catarrhes,
and

and rheumes, and taketh away all hurts that are wont, by reason of the humiditie and grosse-ness of the aire, to happen to the head and other parts. For the taking thereof at such time, is convenient for every state of body, except where there is a drie constitution of the braine, as hath beene formerly shewed.

3 The third is, that it be taken with moderation, not (at the most) exceeding the quantitie of a pipe full at a time; for euerie thing which is superfluous, is very aduerse to Nature, and nothing more then Tobacco.

4 The fourth is, that at meales betweene the eating, it be at no hand taken, as many very foolishly doe, because it vtterly interrupteth and marreth the concoction.

5 The fift is, that it be not taken within foure or five houres after meale, except a peculiar state of the body shall necessarily require the taking thereof presently vppon the meale, and that one lie in two respects: The first is, for the imbecillitie of the natiue and digestiue heate in some, which may not be a little comforted by the translation of the heate of this fume, *mediantibus nervis*, from the braine to the stomacke: The second is, for the consuming of vapours, and preventing of their hurts, which in others are (by reason of an ill disposition of the stomacke) immoderately wont to ascend after meale: for by meanes of the fume detained in the mouth and cavities of the braine, those superfluous vapours are in part consumed,

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the braine, which by nature is over colde, and moist, heated and dried, and consequently, not so loone annoyed by the vapours which do ascend vnto it.

6 The sixt is, that you drinke not betweene the taking of the fumes, as our smoakie Tobacconists are wont, because thereby the operations of the fume are hindered, and more superfluities commonly bred, then can by the efficacie of it be consumed.

7 The seventh is, that you eate not, nor drinke any thing within a quarter of an houre after the taking of the fume, but allowing that space for the operation of it, you may then wash your mouth with Beere or Wine, to take away the fuliginous savour of the fume, and also drinke a draught of Sacke, if the stomacke shall be colde, or abound with crude and flatulent humours, and so goe to your meale, if it shall be the time of your repast. For, to wash your mouth, or drinke presently vpon the taking of the fume, doth much hinder the operation of it : or, in steade of washing your mouth, you may presently, vpon the taking of the fume, rubbe your tongue, pallate, and gummes, (which I alwayes holde fit to be observed) with a drie napkin, and if it be also heated, the better, especially in colde and rheumaticke seasons, and afterwards chew in your mouth something of an aromaticall savour, as cloues, or the rootes of Galingall, or the floures of Rosemarie, and Sage when they may be had, &c. or the conserues of them: for these,

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these, and such like, doe not onely take away the fuliginous and stinking savour of the fume, but also give comfort to the braine and spirits. And vpon the doing heereof, if it be not before meales, it is specially good to swallow downe about the quantitie of a prune or two of the conserue of red Roses. *Tabulae Dianisi*, which you may haue from the Apothecaries, are also very good to be eaten vpon the taking of Tobacco, the mouth beeing first washed as aforesaid, for they correct the euill savour and smell of the fume, make the breath sweete, and also resolve windinesse of the stomacke. I commonly vse, vpon the taking of Tobacco, to swallow downe a spoonefull of a pectorall and cephalicke syrupe made for the purpose, which doth forthwith remooue the offensive savour of the fume, and is withall, very profitable vnto the stomacke, breast, and head, & thereupon also, a quantitie of the conserue of red Roses, especially at the time of going to bed.

8 The eight is, that in drawing of the fume, you suffer it not externally to affect the eies: for it is vnto them, by reason of its smokie drying, and fuliginous nature, very offensive.

9 The ninth is, that you warily draw the fume out of the pipe, not sucking it into your wind-pipe and throate with a sodaine or strong attraction; for then it will exasperate the winde-pipe, and much offend and disquiet the mouth of the stomacke.

10 The tenth and last is, that you go not abroad into the aire, presently vpon the taking of the fume,

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fume, but rather refraine there-from the space of halfe an houre or more, especially if the season be colde, or moist, because the poares of the body being open, by meanes of the strong working of the fume, euen to the vttermoſt and ſuperficiarie parts of the body, ineffable hurts may happen, by the ſodaine acceſſe of the aire. Hence you may obſerue how idle and fooliſh they are, that can not trauell without a Tobacco pipe at their mouth; but ſuch (I muſt tell you) are no baſe Tobacchians: for this manner of taking the fume, they ſuppoſe to be generous: Let theſe fume-gallants enioy their vanity, and for their better grace, it were good they were alſo attended with chimney-ſweeping Lackeys.

Now from that which hath beene ſaid, you may collect a two-folde manner of taking of Tobacco, which ought to be altered and obſerued, according as occaſion and the particular ſtate of him that taketh it, ſhall require. The fiſt is, a detaining of the fume onelie in the mouth, and thruſting of it forth againe at the noſtrils, for heating and drying of the braine, and for diſſoluing and diſſipating of colde humours and ſuperfluous vapours that reſide in it. The other is a receiuing of it into the ſtomacke and lungs, for conſuming & deturbing of crudities and windineſſe, that ſhall offend in thoſe parts. But I aduiſe, that the fume be ſodainly taken downe, and then neither, but ſome great neceſſitie or extremitie vrging it, both becauſe it offendeth the bodie with its violent operation, and alſo for that it may, by reaſon of its exiccating nature, be very hurtfull
to

The fume of Tobacco ought not to be taken downe vpon euerie light occaſion,

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to the lungs, liuer, and melt, as I will by and by shew. Wherefore my counsell is, that some safer remedy (if time shal permit) be vsed for consuming and deturbing of the flatulent crudities of the stomacke and bowells.

Whosoeuer therefore thou be that desirest to know whether the fume of Tobacco may be profitable or hurtfull to thy body; thou oughtest first to consider, whether it be convenient for thy head: for if thy braine be ouer cold and moist, or abound with superfluous matter, then the detaining of the fume onely in the mouth, and forcing it out at the nostrills, may be profitable vnto thee: for by this meanes the fume ascending to the braine, doth not onely by its heating, attracting and exiccating facultie euacuate and consume the superfluities in it, but also, in some measure, reduceth the same to its natiue temperament.

But heere by the way it is to be noted, that it may sometimes happen, that some may haue their heads accidentally stuffed with rheumatike matter, although the braine it selfe bee not in its natiue temperature excessiue colde and moist, but is rather affected with a drie distemperature. Wherefore I adunise such, to take the fume with very great caution & moderation, as at one time not to exceed the quantity of fixe or seuen draughts at the most, lest it should cause greater hurt to the braine and spirits, by encreasing the drie distemperature of the braine, and incensing the spirits, then commodity in discussing and consuming the co'd e and waterish humours, wherewith the braine was accidentally

Such as are affected with a drie distemperature of the braine, must verie warily (when they are annoyed with rheumes) vse Tobaccoes fume.

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dentally oppressed, which in some I haue obserued to come to passe, that haue without meature and iudgement vsed this fume.

Secondly, you must diligently consider whether the fume of Tobacco bee convenient for the stomacke, lungs, and liuer. For, if crude and windie humours abound in the stomacke and bowells throw a colde imbecillitie of the liuer; or if a colde distemperature, and thinne, crude, and flatulent humours dominiere in the lungs, then the imbibing also or taking downe of the fume into those parts, may, so the stomacke be emptie of meates, be sometimes tollerable, yea profitable, especially for strong bodies, in case of extremitie, and when no better remedie, at the instant, can be had: for by its heating, exiccating, and purging facultie, it somewhat correcteth the distemperature, consumeth winde, and foorthwith expurgeth the offensive humours. But by reason of its turbulent and sickely operation, I cannot commend the often vse thereof, nor at any time approue it to them that are of a weake and valetudinarie state of body.

Two cautions
to be obserued
in taking the
fume of Tobacco
downe.

Heere two cautions doe offer themselves to be observed concerning the imbibing, or taking downe the fume: the one, in respect of the lungs, the other, in respect of the lungs and liuer too. For if the lungs be obstructed of a thicke and clammy humour, or subiect to such obstruction, then the taking downe of the fume is very pernicious, because it doth by reason of its heate and siccitie, more harden and condense the humour, by means whereof, it is altogether vnfit to be excreted. From
hence.

hence it is manifest, with how great prudence, cau- Cautiopractica
tion and providence, wee are to vse heating and
drying remedies in affections of the lungs. In like
manner also the taking downe of the fume, is ve-
ry pernicious to them that are affected with a drie
distemperature of the liuer, or lungs, although the
stomacke and intestines shal sometimes be annoyed
with crude and flatuous humours, because it will
cause greater hurt by encreasing the distempera-
ture of those parts, then commodity in discussing
and purging forth the crudities of the stomacke
and bowells: and therefore (in mine opinion) it
is farre better, in such case, altogether to abstaine
from taking downe the fume, and to vse a more
safe and easier remedy.

The like caution must also be observed in re- Tobacco most
pernicious to
drie melanc-
like bodies.
spect of the melt that is obstructed, or subiect to
obstruction, especially in them that are of a drie
melancholike temperature, because the fume, by
reason of its heate and siccitie, doth not onelie
greatly distemper them, but also causeth their
bloud to growe more melancholike, and to bee a-
dusted, and the melancholie humour that resideth
in the spleene, as in its proper receptacle, to bee
indurated from whence diuers calamitous miseries
doe commonly arise. Wherefore I aduise all such
as are of a melancholericke constitution, vtterly to
shunne the taking of Tobacco.

But, that Tobaccoes fume may more effectually
performe all the aforesaid commodities, and with
lesse detriment, I aduise that the rules of Tobacco
be macerated or steeped two or three daies in sacke
about.

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The prepara-
tio of Tobacco.

abundantly edulcated or sweetned with sugar, wherein Nutmegs, Cloues, Saffron, the rootes of Sassafras, Calamus aromaticus, and of Galingale, Lignum aloes, knaps of Stickadoue, the Floures of Rosemarie, Sage, and Lavender-spike, together with their knaps, Fennell seedes, and the excellent graines called Cubebe haue beene infused foure and twenty houres, and afterwards strained from the licour with a strong expression. All these things must be bruised a little, sauing the Saffron, but the rootes and Lignum aloes more then the rest, or sliced very thinne, and for the quantities of them, and of the wine, it must be according to the quantitie of Tobacco that you will infuse, wherein you can commit no errour, so you take not above halfe a dram of Saffron to a quarte of Wine: when the Tobacco shall be infused as aforesaid, take it out of the licour, and reserue it for your vse. If any shall also sprinckle it with a few droppes of oyle of Anise or Fennell seedes, or rather, of Cloues, I will not gaine say it. For the fume, by reason of an Aromaticall savour, which it acquireth by meanes of this artificiall preparation, is more agreeable to the spirits, & doth, besides the aforesaid commodities, which it more excellently performeth, farre lesse offend with its benumbing qualitie, ill smell, and fuliginous savour.

The discom-
modities of
Tobacco, being
immoderately
and vntimely
receiued,

Now, that I may impose an end to this busines, I will summarily rehearse the hurts that Tobacco inferreth, if it be vsed contrary to the order and way I haue set downe. It drieth the braine, dimmeth the sight, vitiateth the smell, hurteth the stomacke, destroy.

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destroyeth the concoction, disturbeth the humors, and spirites, induceth a trembling of the limbes, corrupteth the breath, exsiccareth the winde-pipe, lungs, and liuer, annoyeth the melt, scorcheth the heart, and causeth the bloud to be adusted: Moreover, it eliquateth the pingui-substance of the kidnies, and absumeth the geniture. In a word, it ouerthroweth the spirites, perverteth the vnderstanding, and confoundeth the senses with a sodayne astonishment and stupidity of the whole body. All which hurts I affirme, that the immoderate and intempestiue vse of Tobacco doth effect, both by reason of its temperament, but especially through the property of its substance: wherefore the vse of it is onely tollerable by way of physicke, not for pleasure, or an idle custome.

To conclude therefore, I wish them that desire to haue *mentem sanam in corpore sano*, altogether to abandon *insanum præposterumque Tobacci usum*. This is all which seemed good vnto me to be written of Tobaccos fume, partly for shewing the right manner of vsing it, but especially for reproouing the too too licentious liberall, and intempestiue taking of it, which very many, in these dayes) do to their owne ruine lewdly, and for want of better employment, foolishly affect.

F I N I S.